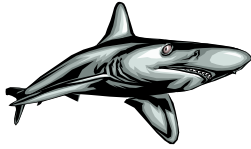




THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT  
 "WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"  
[www.sandiego.gov](http://www.sandiego.gov)



## CLAIREMONT POOL

3605 CLAIREMONT DRIVE ♦ SAN DIEGO, CA 92117 ♦ (858) 581-9923

### SPRING SCHEDULE 2010

**EFFECTIVE: MARCH 22- JUNE 27, 2010**

#### LAP SWIM

Monday thru Thursday	11:00am - 7:30pm
Friday	11:00pm - 4:00pm
Saturday/Sunday	12:00pm - 3:00pm

#### RECREATIONAL SWIM

Monday thru Friday	11:00pm - 4:00pm
Saturday/Sunday	12:00pm - 3:00pm

**Diving Boards closed until further notice**

<b>Memorial Day 12:00pm-3:00pm</b>
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#### FACILITY ADMISSIONS FEES

Adults (16 & older)	\$4.00
Child/Disabled/Senior	\$2.00

#### DISCOUNT PASS FEES

Adults (16 & older)	\$100.00/30swims
Adults (16 & older)	\$35.00/10 swims
Child/Disabled/Senior	\$45.00/30 swims
Child/Disabled/Senior	\$15.00/10 swims

**Passes expire one year from the date of issue and can be used at any City Pools.**



•**Specific lanes/areas will be designated for Lap & Recreational swimming, however, the pool may be utilized for other programs**

•**All persons entering the facility during Recreation and Lap Swim times *MUST* pay the admission fee and wear proper swim attire at all times.**

•**Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or responsible adult in a swimsuit at all times. While in the water, a parent or responsible adult must remain within arms reach of the child.**

•**The City of San Diego Swimming Pools may close without notice during inclement weather conditions.**

#### WATER FITNESS

##### ***Aquatic Body Conditioning (ABC)***

This is a total body conditioning class; Multi-level, low impact, cardio respiratory work out held in shallow water. Flexibility, muscular strength and endurance are emphasized. Participants need not know how to swim.

**Tuesday/Thursday**

**4:00pm-5:00pm**

**Adults/Seniors  
Discount Pass**

**\$3.50/class  
\$30.00/10 classes**



***Non-Residents must pay twice the resident rate.***

***All Aquatic Programs, Schedules and Fees may change and/or be Cancelled without notice.***

#### RENTALS

All City pools are available to rent for exclusive or shared use (birthday parties, school activities, athletic team activities, company parties, special events, etc.). More information may be obtained from the Pool Manager

**POOL CLOSED:** Wednesday May 31, Sunday, April 5, Saturday, June 5

As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes, he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department (contact District Manager (619) 533-6526) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.



**All City of San Diego Parks, Pool  
and Beaches are Smoke Free**



## **CITY OF SAN DIEGO SWIM LEAGUE**

City of San Diego Swimming (CSDS) is a recreational swim organization for youth 5-17 years old, which offers a quality, safe program that is committed to introducing and developing basic competitive swim skills while promoting fun and team spirit. Swimmers are encouraged to participate in swim meet competitions with other City of San Diego swimming pools.

**Prerequisite:** Pool Manager's approval



**Monday thru Thursday  
4:45pm-6:00pm**

**Fees: \$35.00/Month**

(Fees are due at the beginning of ea. Month)

## **YOUTH WATER POLO**

Participants are introduced to basic water polo skills with an emphasis on teamwork, fun, and sportsmanship.

Participants must be able to swim 200 yards continuously and tread water for one minute. Ages 9 to 17 years of age.



**Starting April 6, 2010  
Tuesday/Thursday  
6:00pm-7:30pm**

**Fees: \$25.00/Month**

(Fees are due at the beginning of ea. Month)

## **DONATIONS**

By donating to our park system, you can help the park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPII Division, (619)525-8235

## **VOLUNTEERS NEEDED!**

Ongoing opportunities are available at the recreation centers, pool and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit [www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml](http://www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml) or contact the Volunteer Office at (619)533-4017

## **SWIM LESSONS**

**Registration Hours:** During hours of operation. Please contact Pool manager if you have a special request. You may always schedule private or semi-private classes as well. Pool manager will take an interest list for request and do their best to accommodate patrons.

**Monday/Wednesday 8/40 minute classes  
Session 1 May 10-June 7 (no class on 5/31)**

4:00-4:40pm	Tiny Tots	Beg 3/Adv. Beg
4:40-5:20pm	Adv. Tots/Super Tots	Beg 1/Beg 2

**Tuesday/Thursday 8/40 minute classes  
Session 2 May 11-June 3**

4:00-4:40pm	Super Tot	Beg 2
4:40-5:20pm	Tiny Tot	Adv. Tot

### **Fees:**

	<b>Resident</b>	<b>Non-Resident</b>
<b>Large Group</b>	<b>\$53.75</b>	<b>\$107.50</b>
<b>Small Group</b>	<b>\$80.75</b>	<b>\$161.50</b>
<b>Semi Private</b>	<b>\$150.00</b>	<b>\$360.00</b>

Students must register together and be at same swimming ability. 5/30 minute lessons

<b>Private</b>	<b>\$180.00</b>	<b>\$360.00</b>
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5/30 minute lessons



## **REFUND POLICY**

Extra care should be given to the selection of classes. **There are NO REFUNDS.** Class transfers or credit towards another aquatic program may be requested and must be authorized by the Pool Manager. **Full refund will be granted only if class is cancelled by the Pool Manager**

## **KEEPING THE POOLS CLEAN & OPEN**

- When the pool is contaminated with fecal matter, the pool must close.
- Children should use the restroom before entering the pool, wash their hands with soap and water and shower.
- Children 3 years of age and younger are required to wear a tight fitting "swimsuit diaper" or tight fitting plastic pants and a swimsuit.
- Patrons are not permitted to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks.

Patrons must abide by the "no street shoes on the pool deck rule"



## **EMERGENCY TESTING**

All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated

## **SAFETY CHECKS**

There may be ten-minute safety checks conducted every half hour or every hour during Recreational Swim hours.